

THE UNIVERSITY OF OKLAHOMA

Fitness and Recreation

2017 – 2018 Annual Report





TABLE OF CONTENTS

4-5 Welcome Letter

6-7 Year in Review

8-11 Facilities Overview

12-13 Member Spotlight

14-15 Student Spotlight

16-17 Programs Review

18-19 Project CEO

20-21 2018 Big Event



AMY M. DAVENPORT, Ph.D.
Director for Fitness and Recreation

The Department of Fitness and Recreation advocates for a healthier community through FIT classes, educational outreach, environmental awareness, and recreational engagement. Through activities such as Intramural Sports, Fitness and Recreation promotes health and wellness for students, faculty, and staff. These efforts uphold the department's mission statement which is guided by three goals:

- Provide opportunity and support to promote a healthy university,
- Benefit the university community through health and education, and
- Develop university relations through health and wellness activities.

This annual report highlights current programs to demonstrate Fitness and Recreation's impact on the university and local community. We are committed to improving campus diversity, inclusion, and promoting student success through quality fitness programs that encourage lifelong wellness.

In Health,
Amy M. Davenport, Ph.D
Director of Fitness and Recreation

Mission: Fitness and Recreation provides diverse programs, services, and educational opportunities to enhance the lifelong health and wellness of the university community.



OU Fit+Rec hosted three events at Sarkeys Fitness Center and three events at the Murray Case Sells Swim Complex for 2017 Camp Crimson. Camp Crimson is OU's official orientation camp.

OU Fit+Rec participated in the Cleats 4 Kids third annual drive. The program collects sports equipment for children.

The first FIT Academy begins with 21 participants. The aim of FIT Academy is to serve as an OU Fit+Rec teaching program for future fitness professionals.

OU Fit+Rec institutes online registration during the OU Summer Swim Lessons to give a better quality sign-up process.

2017
JULY

2017
SEP

2017
OCT

2018
JAN

2018
FEB

2018
MAR

2018
APR

2018
MAY

2018
JUNE

OU Fit+Rec helped facilitate the OU Wellness 2017 Fun Run. The 5K and 1 Mile Fun Run was open to students, faculty, and staff.

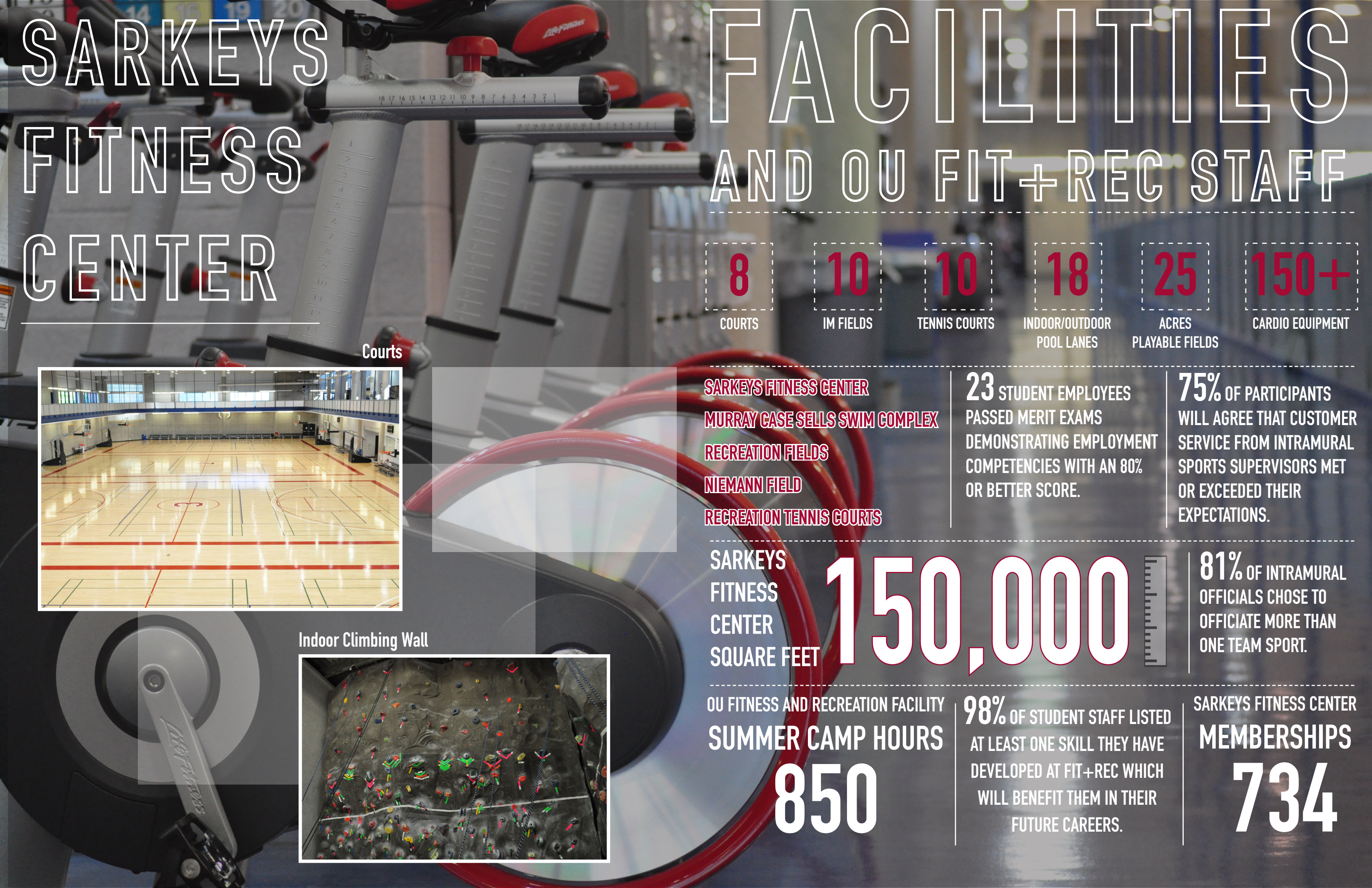
The first Sarkeys Spring Challenge was created as a team oriented group challenge. Its goal was to motivate through various team activities.

OU Fit+Rec launched Instagram, a social media platform to better engage with students, faculty, and staff.

OU Fit+Rec hosted the Spring Climbing Competition, an indoor rock climbing competition open to all skill levels.

OU FIT+REC prepares for F45. The program is a class of 45 minutes of functional exercise. It is a fast growing company that is moving onto college campus across the U.S.

Gardeners prepare for Spring and Summer crops at the OU Wellness Garden.



SARKEYS FITNESS CENTER

FACILITIES AND OU FIT+REC STAFF

8

COURTS

10

IM FIELDS

10

TENNIS COURTS

18

INDOOR/OUTDOOR
POOL LANES

25

ACRES
PLAYABLE FIELDS

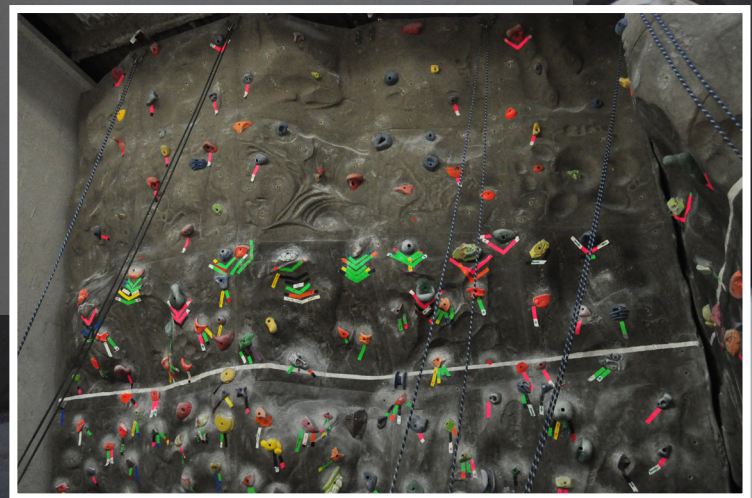
150+

CARDIO EQUIPMENT

Courts



Indoor Climbing Wall



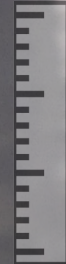
SARKEYS FITNESS CENTER
MURRAY CASE SELLS SWIM COMPLEX
RECREATION FIELDS
NIEMANN FIELD
RECREATION TENNIS COURTS

23 STUDENT EMPLOYEES
PASSED MERIT EXAMS
DEMONSTRATING EMPLOYMENT
COMPETENCIES WITH AN 80%
OR BETTER SCORE.

75% OF PARTICIPANTS
WILL AGREE THAT CUSTOMER
SERVICE FROM INTRAMURAL
SPORTS SUPERVISORS MET
OR EXCEEDED THEIR
EXPECTATIONS.

SARKEYS
FITNESS
CENTER
SQUARE FEET

150,000



81% OF INTRAMURAL
OFFICIALS CHOSE TO
OFFICIATE MORE THAN
ONE TEAM SPORT.

OU FITNESS AND RECREATION FACILITY
SUMMER CAMP HOURS

850

98% OF STUDENT STAFF LISTED
AT LEAST ONE SKILL THEY HAVE
DEVELOPED AT FIT+REC WHICH
WILL BENEFIT THEM IN THEIR
FUTURE CAREERS.

SARKEYS FITNESS CENTER
MEMBERSHIPS

734

MURRAY CASE SELLS SWIM COMPLEX

CLASS	PARTICIPANTS
WATER SAFETY	8
LIFEGUARD	109
LIFEGUARD INSTRUCTOR	13
SWIM LESSONS (INCLUDES JUNE, IN-SEASON)	870
AMERICAN HEART ASSOCIATION	313

SPRING SATURDAY GROUP LESSONS

Murray Case Sells Swim Complex | 1701 Asp Avenue, Norman, OK 73019-2142



March 24, 31, & April 7, 14, 21 (Saturdays only) | 10:00 am and 10:45 am | Each class is 35 minutes long
Cost is \$55 + tax per child | \$10 discount for OU faculty/staff, students, and retirees with valid OU ID card
Must register in person at the Murray Case Sells Swim Complex
Registration is first come, first serve with limited availability
For more information, contact Chelsey Duthie at 405-325-4837 or learntoswim@ou.edu

OU FIT+REC

The University of Oklahoma is an equal opportunity institution. www.ou.edu/oei. For accommodations on the basis of disability, call 800-325-3053.

Spring Saturday Group Lessons

Summer Lifeguard Orientation



Summer Swim Group Lessons

The University of Oklahoma

Learn **2018**
to
SWIM

American Red Cross



Online Early Enrollment for OU Community Begins **MAY 10**

Online Open Enrollment Begins **MAY 15**

In Person Enrollment Begins **MAY 17**

OU FIT+REC

Registration packet is available at ou.edu/far/aquatics.

\$65
+ tax
per person*

* No refunds beginning the first day of each session. OU faculty/staff, students, and retirees can register for \$50 + tax with valid OU Sooner Card.

Murray Case Sells Swim Complex
1701 Asp Ave.
Norman, OK 73019-7200
(405) 325-4837

The University of Oklahoma is an equal opportunity institution. www.ou.edu/oei. For accommodations, call (405) 325-4837.

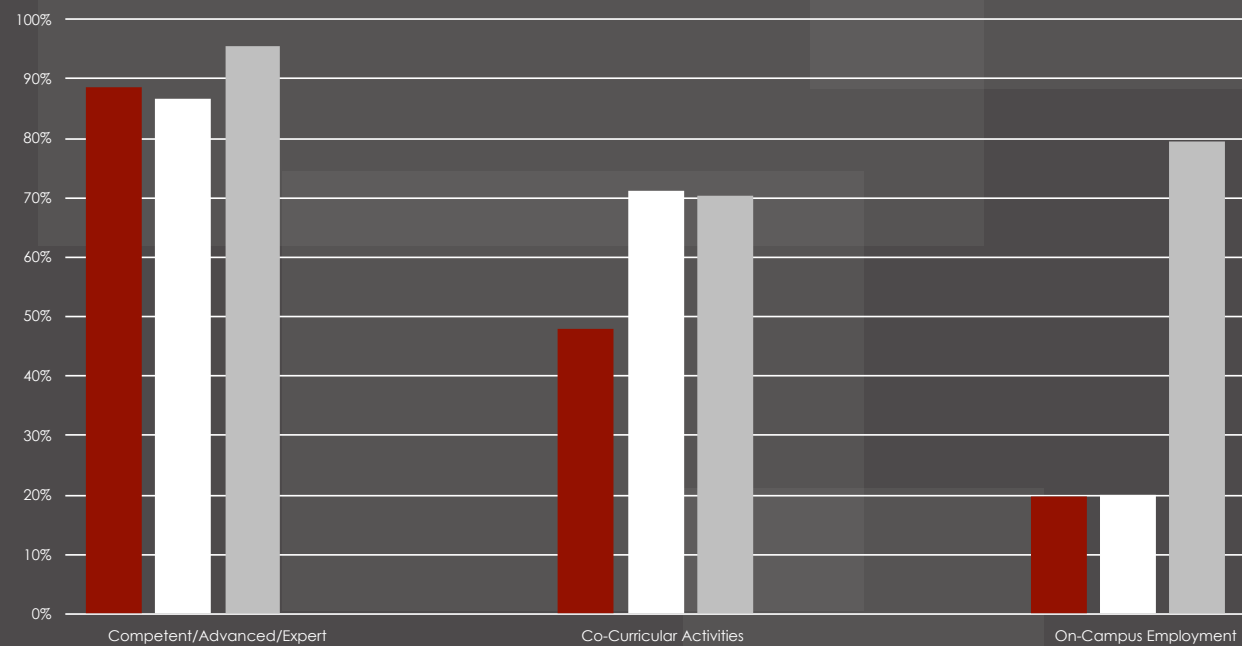
PROJECT CEO

The survey measured the extent students believed they gained the skills identified as desirable by employers for new college graduates. Students indicated they believed they gained these skills from involvement in co-curricular activities, from the classroom, and/or from employment off campus. The Project CEO survey defined co-curricular activities as involvement in student organizations, campus publications, student government, Greek life, intercollegiate or intramural sports, or academic groups. At the University of Oklahoma, Student Affairs houses most of these areas.

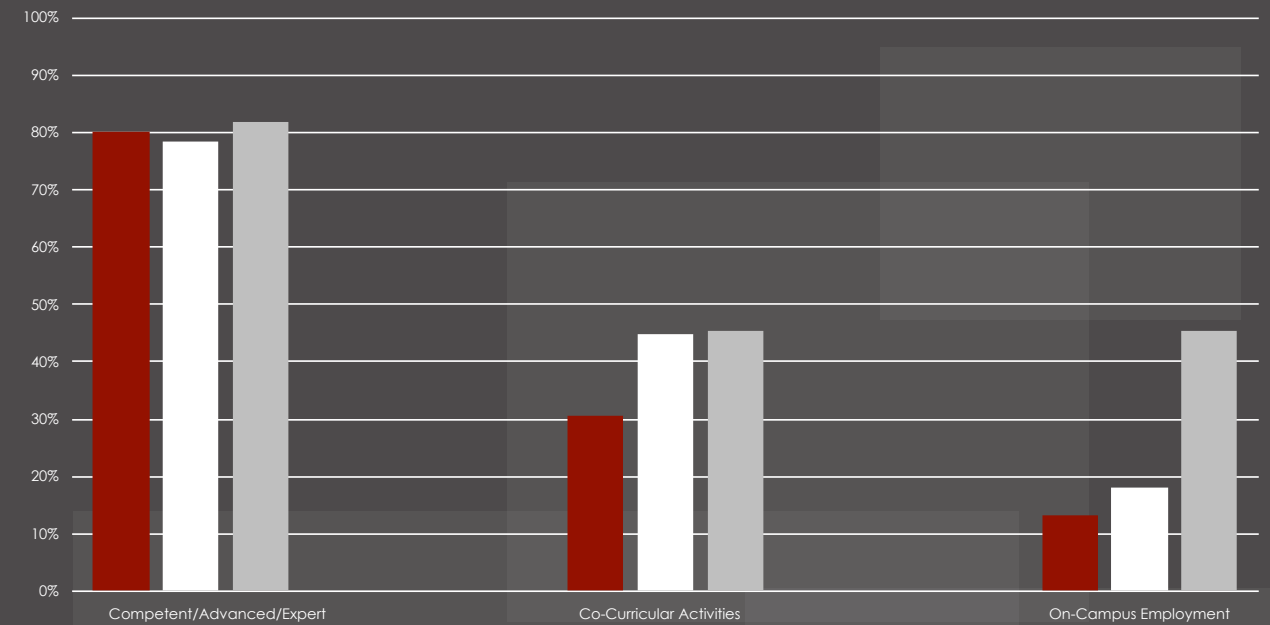
The Job Outlook 2018 survey administered by the National Association of Colleges and Employers (NACE) identifies the top attributes employers seek in new college graduates.

National
 University
 Fit+Rec

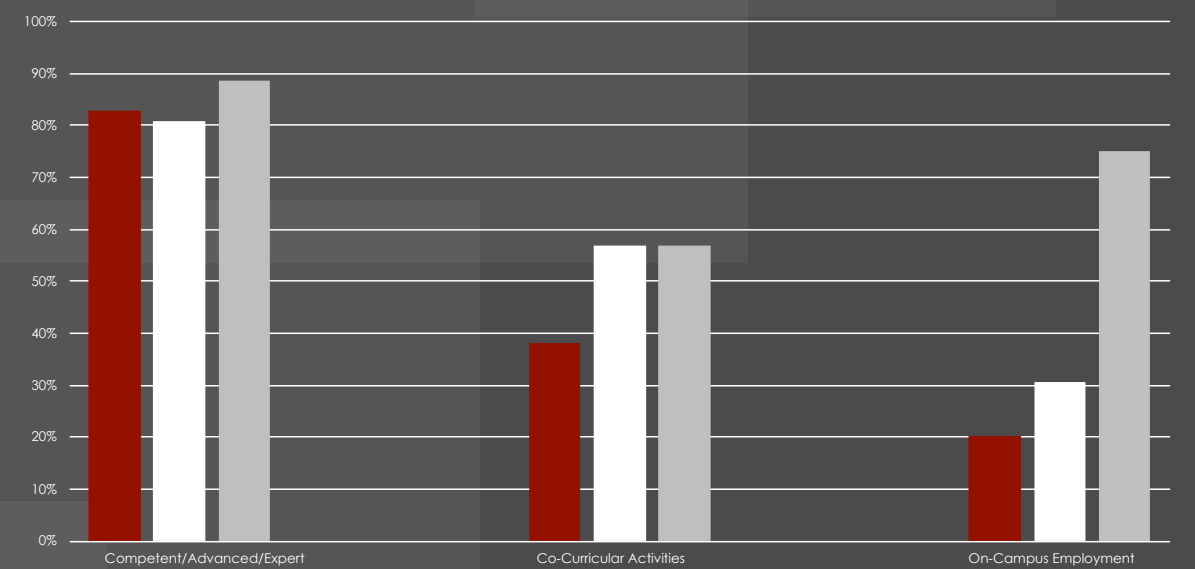
TEAMWORK



CRITICAL THINKING



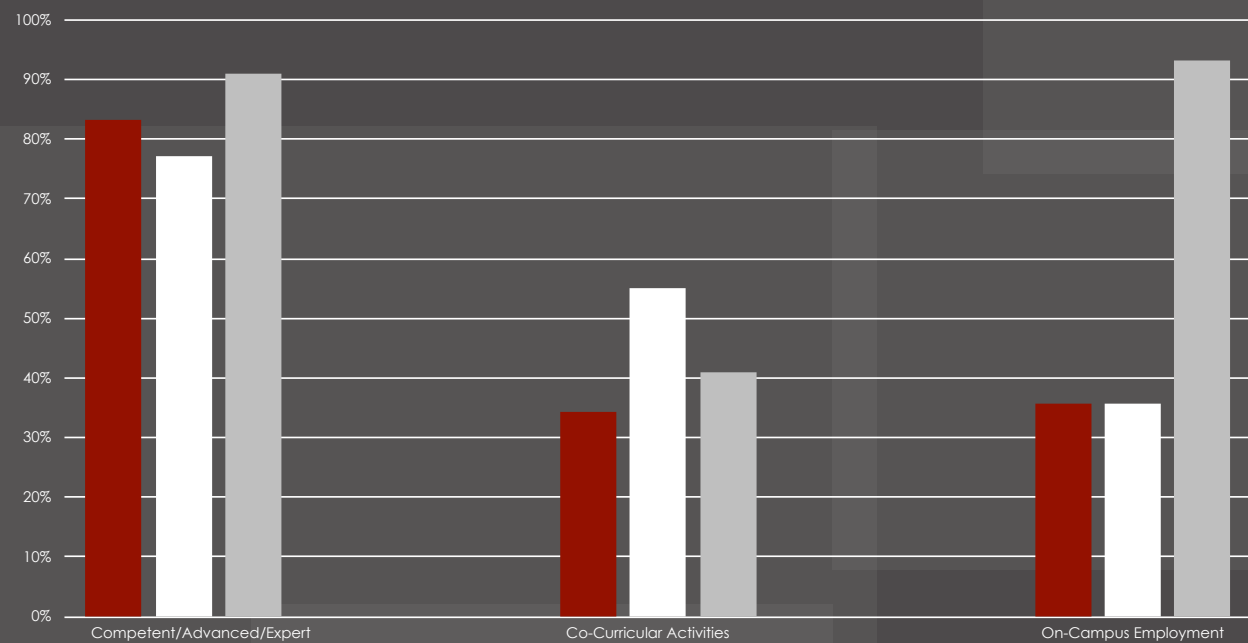
PROBLEM SOLVING AND DECISION MAKING



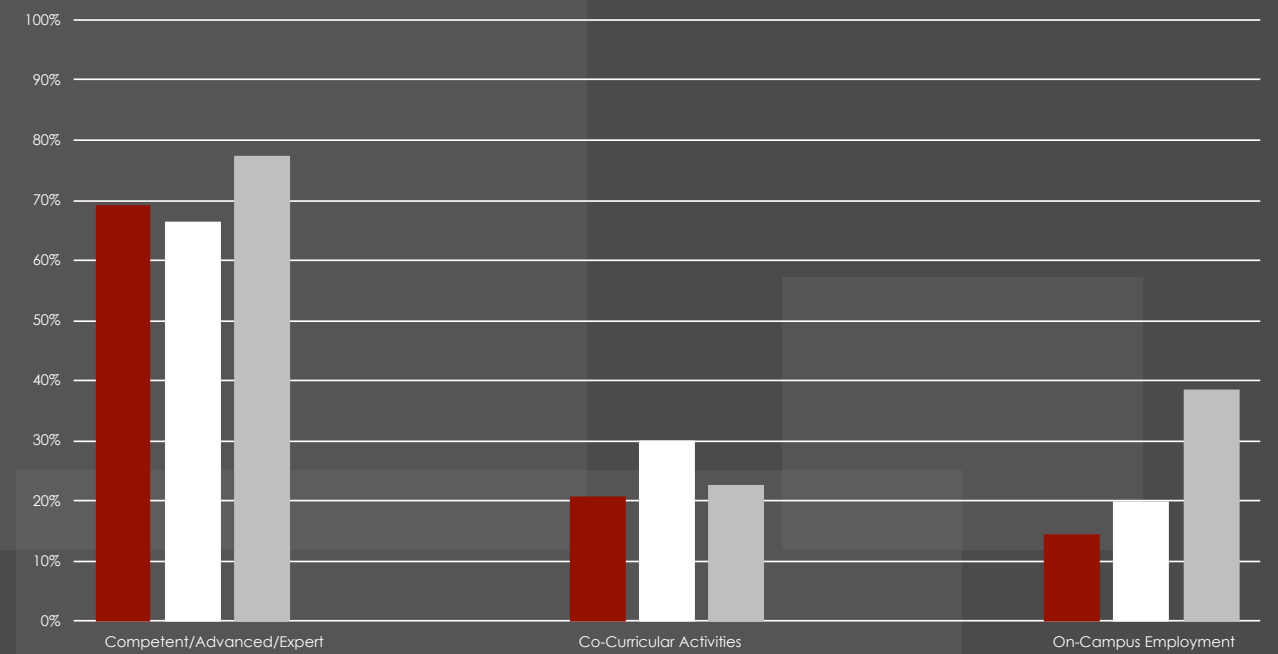
PROJECT CEO

■ National ■ University ■ Fit+Rec

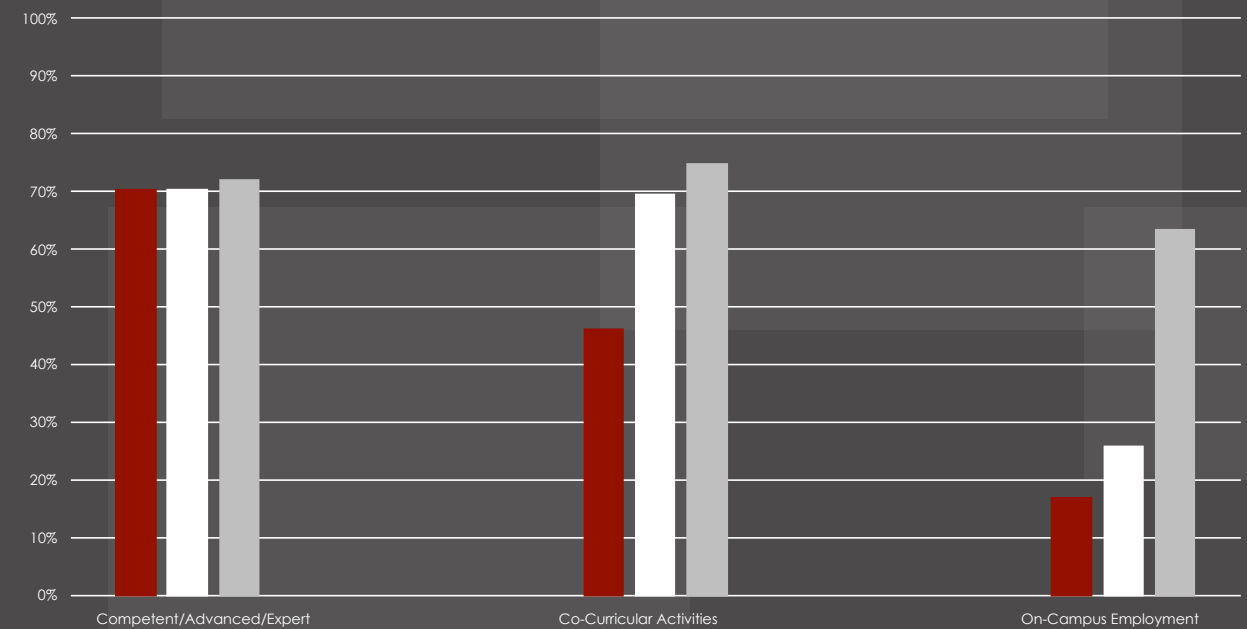
PROFESSIONALISM AND WORK ETHIC



DIGITAL TECHNOLOGY



LEADERSHIP



STUDENT SPOTLIGHT



ALEX GONZALEZ

Alex Gonzalez (2020), History major and Military Science minor, has worked as a maintenance employee for two and half years. He's responsible for maintenance and repairs of gym equipment and general housekeeping of the facility. He has followed the path of his two older brothers who previously worked in the maintenance department. He states, "Initially accepting my brother as my superior was tough. However, that learning experience improved my workplace professionalism and communication skills." He enjoys the physical labor required in his department such as, "repairing cracked water pipes, using power tools, guiding aerial lift equipment, and industrial sweepers." Thanks for your dedication to Sarkeys Fitness Center, Alex!



JUSTIN ALEXANDER

Justin Alexander (2018), Biology major, has worked as a student staff assistant for four years. He manages records for new and current gym members, assists with equipment check-out, and answers inquiries about the fitness center. He states, "Due to undertaking various administrative tasks, I've learned how to balance my time for upcoming project deadlines and enhanced my leadership skills." Additionally, he states, "Training new assistants, such as cashiers, sets an example of professionalism that I can apply to future job opportunities." When he's not assisting at the front desk, he takes advantages of the gym's free weights to increase his overall level of fitness.



HOPE DIERKER

Hope Dierker (2018), a Sociology major, has worked as a facility supervisor for nearly two and half years. She ensures that Sarkeys maintains a safe environment for members and staff. She inspects equipment for defects (and potential misuse) as well as records and reports injuries. She reflected, "I've enhanced my communication skills among the staff and supervisors. For example, I've delegated staff to assigned areas during emergencies and managed staff shortages." Working at Sarkeys has also influenced how she prioritizes personal health. She states, "My responsibilities at the fitness center have motivated me to pursue a Health and Exercise Science minor. I also feel confident to prepare for my certified personal training license affiliated through the National Academy of Sports Medicine (NASM) as I conclude my coursework at OU." Congratulations on your exciting opportunities, Hope!



LEYNA CHURCHHILL

Leyna Churchill (2018), Criminology Pre-Law major, has worked as a cashier at the Murray Case Sells Aquatic Center for nearly a year. She provides customer service and regularly updates swim lesson schedules and family emergency contacts. She credits Fit and Rec for increasing her confidence with public speaking. She states, "During our summer swim sign-ups, I often speak to large crowds of families. These interactions keep me problem-solving on my feet as we navigate parents and their children through registration." She relies on her FIT Pass to maintain her personal health goals as she exclaims, "I frequently attend yoga and AquaZumba!" After graduation, she will attend law school to obtain her Juris Doctorate in order to work as a public defender in the juvenile system. Congratulations on your upcoming move to begin your graduate studies!

PROGRAMS

Intramural Basketball, Flag Football, Table Tennis

INTRAMURAL SPORTS

1,541 | 5,800

FIRST-YEAR STUDENT
PARTICIPANTS

PARTICIPANTS
DURING 2017-2018

FIRST-YEAR PARTICIPANTS INVOLVED IN INTRAMURALS ARE INGRAINED WITH A HEALTHY AND ACTIVE LIFESTYLE TO SUSTAIN DURING THEIR TIME AT THE UNIVERSITY. THEY ARE ABLE TO MAKE CONNECTIONS AND FEEL A PART OF THE OU COMMUNITY. THIS POSITIVE RELATIONSHIP AND ENHANCED ACADEMIC EXPERIENCE ENCOURAGES STUDENT RETENTION.

85% OF PARTICIPANTS AGREED THAT PLAYING INTRAMURAL SPORTS INCREASED THEIR SENSE OF COMMUNITY OR BELONGING ON CAMPUS.

80% OF PARTICIPANTS AGREED THAT INTRAMURAL SPORTS ARE AN IMPORTANT PART OF THEIR COLLEGE EXPERIENCE.

92%

MADE AT LEAST ONE NEW CONNECTION WHILE PARTICIPATING IN INTRAMURAL SPORTS.

83% AGREED THAT PLAYING INTRAMURAL SPORTS INCREASED THEIR LEVEL OF FITNESS.

FULL PLATE LIVING

80% PARTICIPANTS AGREED TO HAVE INCREASED THEIR KNOWLEDGE OF HOW TO REPLACE HIGH CALORIE FOODS WITH HIGH FIBER, LOWER CALORIE FOODS.

STRIDES

80%

PARTICIPANTS AGREED THEIR INSTRUCTORS WERE MOTIVATING AND ENCOURAGING.

SARKEYS FITNESS CHALLENGE

91%

PARTICIPANTS REPORTED PHYSICAL IMPROVEMENTS FROM THEIR EXPERIENCE



2017 OU FUN RUN

FITNESS AND RECREATION ALONG WITH OTHER OU WELLNESS STAKEHOLDERS ORGANIZED THE ANNUAL OU WELLNESS FUN RUN. THE 5K RUN AND 1 MILE RUN/WALK HAD OVER 2,000 MEMBERS OF THE OU COMMUNITY REGISTER. STUDENTS, FACULTY, STAFF, AND FAMILIES ALL CAME TOGETHER TO PROMOTE HEALTH AND BUILD A STRONGER OU COMMUNITY.



MEMBER SPOTLIGHT

THEY GOT GAME

Written by Lequi Raymond

The University of Oklahoma is rich in tradition, from academics to athletics and everything in between. While much of the University's history is well known, some stories are just waiting to be told. Enter the "OU NBA" — a group of OU faculty and staff that play pick-up basketball at the Sarkeys Fitness Center.

The concept of the OU NBA began with a group of OU faculty and staff meeting at the McCasland Fieldhouse in the 1970's. Their goal was to be involved in something that would provide focus as an outlet, as well as physical activity. One of its pioneers, Dr. Jerry C. Bread, Sr. (also known as "the Commissioner of the OU NBA"), was a graduate student when it all began and provided much of the history of this group and how it has evolved over the years. He recalled how the play was very competitive and popular at the time, attracting a variety of individuals, including faculty, staff, coaches, and administrators from all over campus. He described how one could meet a person on the basketball court as a player to later find out that she/he was a Dean, Associate Dean, chair of a department or other area, etc., which showed the extent of diversity. Years ago, the location changed to what is now the Sarkeys Fitness Center, and they have managed to keep the pick-up games going.

Along with tradition, diversity is also entwined into the University's culture. The OU NBA is a reflection of that diversity and inclusion. Dr. Bread and a few others have been involved with the OU NBA for many years. Of the individuals interviewed for this piece, their ages range from 35 to 71. Their affiliations with OU include a mix of current faculty/staff, a post-doctoral research associate, and retirees. Some have played basketball at various levels prior to joining pick-up basketball, including neighborhood basketball as a kid, competitive basketball in middle and/or high school, college intramurals, church leagues, etc. Despite the varying backgrounds of experience in basketball and in life, they have formed a strong sense of comradery while maintaining a healthy level of competitiveness.

Observing this group of gentlemen play ball, their comradery was very apparent. They were competitive and played hard, demonstrating that basketball is not just a young person's game. They set up screens, blocked shots, passed behind the back, delivered no look passes, and moved quickly up and down a full court. They regulated the game just fine without referees by making fair calls on their own fouls, travels, stepping out of bounds, etc. Although they engaged in friendly and humorous banter, they were quick to congratulate one another and gave praise on good shots and other plays on the ball. They also demonstrated exceptional shooting skills, as they performed lay ups, long shots, and sky hooks. They respected the game and one another. Their style of play was reminiscent of a NBA All-Star game — different levels and styles of play coming together for a competitive, yet entertaining game. In other words, they got game!



Members of the OU NBA were given the opportunity to be interviewed for this story and a few of them graciously and enthusiastically agreed. Dr. Bread is the eldest and longest active member of the group and, as mentioned earlier, is considered "the Commissioner" of the OU NBA. In his 35 years of professional service, he served in many capacities at the University, including faculty member, instructor, administrator, manager, and director of several areas in the College of Education and the College of Arts and Sciences. He was also one of the founders of the Department of Native American Studies and retired as the Outreach Coordinator and Recruiter of that department in January 2017. At 71, he credits the OU NBA with being the salvation in keeping his mental, physical, social, and spiritual balance throughout his tenure with OU. He began playing team basketball around age 12 and continued into college and adulthood. Although he did not make All-American in college or play professional basketball in the NBA, he sometimes feels like he did after playing with the OU NBA crew since 1970! His greatest enjoyments have been meeting OU people and building long-lasting friendships and professional relationships outside of the box. He is proud of the fact that his sons and grandson are graduates of OU and were also a part of this group during their time as students.

Andy Feldt is 65 and a recent retiree from the Department of Physics and Astronomy. He came to OU in 1974 as a graduate student, stayed for a post-doctoral degree, and took a position on campus. He enjoys pick-up basketball with this group because it keeps him fit, feeds his competitive spirit, and he enjoys the comradery. He thinks it's great to have other players his age and older to help him see that he can continue to be active in this manner. According to Dr. Bread, Mr. Feldt and another member serve as "Assistant Commissioners" of the OU NBA and take an active role in keeping him (Dr. Bread) from getting too bossy with other members!

Nick Maddock, 37, works on the Research Campus at Weathernews and has been on campus since 2004. As a kid growing up in Indiana, he had dreams of playing college basketball for Coach Bobby Knight at Indiana University. Although he played throughout middle school and high school, he never made it to play for Coach Knight. But he did make it to the OU NBA 7 or 8 years ago! He enjoys being able to play with familiar people, which allows them to learn one another's weaknesses and strengths on the floor just like a team, unlike a regular pick-up game where you don't know who you are playing. He would like to see others from around campus come out and join them, as they welcome all abilities and ages.

At 35, Humberto Vergara Arrieta is the one of the youngest and newest members of the current group. He came to OU in 2008 as a graduate student and earned his Master of Science and PhD. He joined the OU NBA within the last year. Humberto played basketball competitively throughout high school and college in Columbia and is happy to be able to continue playing a game he enjoys. He says it's nice to be able to play in a friendly atmosphere while keeping a level of competitiveness. He is also involved with Faculty/Staff Intramural Basketball from time to time and plans to participate this year.

Bob Rabin is 65 and has been a part of the OU Community since 1978 and is currently a staff member at NOAA/National Severe Storms Lab. Although he has played basketball for years in and around Norman, he recently began playing with the OU NBA in Fall 2017. He enjoys playing with a mix of players with a wide range of ages and who aren't overly competitive. As the others have stated, he, too, likes the comradery of the group. He has an affiliation with the University of Wisconsin — Madison and still plays pick-up basketball at a recreation center on campus when he visits, as the group is similar to the OU NBA. He also teaches yoga in his spare time as another way to stay active.

These gentlemen are a somewhat hidden, yet integral piece of the fabric of tradition and diversity at the University of Oklahoma. They have found a way to keep a tradition in tact despite the changes in location, growing older, and the nomadic nature of a college town. They are just a few members of a group that call themselves the OU NBA. They come together on Mondays, Tuesdays, and Thursdays, 11:30 a.m. — 1 p.m. at the Sarkeys Fitness Center. These pick-up basketball games are open to any and all OU faculty, staff, and students who want to stay active, connect with others, and engage in friendly competition. All ages, skill levels, and genders are welcome.

They got game. Do you?



BIG EVENT AND ***FIT+REC***

ON APRIL 16, 2018, UNIVERSITY OF OKLAHOMA VOLUNTEERS WORKED WITH OU FIT+REC TO HELP CREATE PATHWAYS AND RAISED BEDS FOR THE OU WELLNESS GARDEN FOR THE 2018 BIG EVENT.

